SYSTEMS SURVEY FORM

Patient Doctor	Date	
Birth Date Approximate Weigh		
Pulse: Recumbent Standing		
Blood Pressure: Recumbent Standing _	Gallbladder Removed:	
INSTRUCTIONS: Fill in only the circles which apply to you. Leave circles blank if they don't apply to you! Some questions will repeat.		
MILD symptoms (occurs infrequently) MODERATE symptoms (occurs frequently) SEVERE symptoms (chronic, always present)	1 2 3 53. Crave candy or coffee in afternoons 54. Moods of depression - "blues" or melancholy 55. Abnormal craving for sweets or snacks	
1 2 3 GROUP 1 1. Acid foods upset 2. Get chilled often 3. "Lump" in throat 4.Dry mouth-eyes-nose 5. Pulse speeds after meal 6. Keyed up - fail to calm 7. Cut heals slowly 8. Gag easily 9. Unable to relax; startles easily 10. Extremities cold, clammy 11. Strong light irritates 12. Urine amount reduced 13. Heart pounds after retiring 14. Nervous stomach 15. Appetite reduced 16. Cold sweats often 17. Fever easily raised 18. Neuralgia-like pains 19. Staring, blinks little 19. Staring, blinks little	GROUP 4 56. Hands and feet go to sleep easily, numbness 57. Sigh frequently, "air hunger" 58. Aware of "breathing heavily" 59. High altitude discomfort 60. Opens windows in closed rooms 61. Susceptible to colds and fevers 62. Afternoon "yawner" 63. Get "drowsy" often 64. Swollen ankles, worse at night 65. Muscle cramps, worse during excercise: get "charley horses" 66. Shortness of breath on exertion 67. Dull pain in chest or radiating into left arm, worse on exertion 68. Bruise easily, "black and blue" spots 69. Tendency to anemia 70. "Nose bleeds" frequent 71. Noises in head, or "ringing in ears" 72. Tension under the breastbone, or feeling of "tightness", worse on exertion 73. Dizziness 74. Dry skin 75. Burning feet 76. Blurned vision 77. Itching skin and feet 78. Excessive falling hair 79. Frequent skin rashes 80. Bitter, metallic taste in mouth in mornings 81. Bowel movements painful or difficult 82. Vorrier, feeli insecure 83. Feeling queasy; headache over eyes 84. Greasy foods upset	
GROUP 2 21. Joint stiffness on arising 22. Muscle-leg-toe cramps at night 23. "Butterfly" stomach, cramps 24. Eyes or nose water 25. Eyes blink often 26. Eyelids swollen, puffy 27. Indigestion soon after meals 28. Always seems hungry; feels "lightheaded" often 29. Digestion rapid 30. Vomiting frequent 31. Hoarsenss frequent 32. Breathing irregular 33. Pulse slow; feels "irregular" 34. Gagging reflex slow 35. Difficulty swallowing 36. Constipation, diarrhea alternating 37. "Slow starter" 38. Get "chilled" infrequently 39. Perspire easily 40. Circulation poor, sensitive to cold 41. Subject to colds, asthma, bronchitis		
GROUP 3 42. Eat when nervous 43. Excessive appetite 44. Hungry between meals 45. Irritable before meals 46. Get "shaky" before meals 47. Fatigue, eating relieves 48. "Lightheaded" if meals delayed 49. Heart palpitates if meals missed or delayed 50. Afternoon headaches 51. Overeating sweets upsets 52. Awaken after few hours sleep - hard to go back to sleep	GROUP 6 98. Loss of taste for meat 99. Lower bowel gas several hours after eating 100. Burning stomach sensations, eating relieves 101. Coated tongue 102. Pass large amounts of foul-smelling gas 103. Indigestion 1/2-1 hour after eating; may be up to 3-4 hours 104. Mucous colitis or irritable bowel 105. Gas shortly after eating 106. Stomach "bloating" after eating	

1 2 3 GROUP 7A 0 107. Insomnia 108. Nervousness 109. Can't gain weight	1 2 3 0 0 170. Weakness after colds, influenza 0 0 171. Exhaustion - muscular and nervous 0 0 172. Respiratory disorders
 110. Intolerance to heat 111. Highly emotional 112. Flush easily 113. Night sweats 114. Thin, moist skin 115. Inward trembling 116. Heart palpitates 117. Increased appetite without weight gain 118. Pulse fast at rest 119. Eyelids and face twitch 120. Irritable and restless 121. Can't work under pressure 	GROUP 8 0 173. Muscle weakness 174. Lack of stamina 0 175. Drowsiness after eating 176. Muscular soreness 0 176. Muscular soreness 0 177. Rapid heartbeat 0 178. Hyper-irritable 0 179. Feeling of a band around your head 0 180. Melancholia (feeling of sadness) 181. Swelling of ankles 182. Diminished urination 0 183. Tendency to consume sweets or carbohydrates
GROUP 7B 122. Increase in weight 123. Decrease in appetite 124. Fatigue easily 125. Ringing in ears 126. Sleepy during day 127. Sensitive to cold 128. Dry or scaly skin 129. Constipation 130. Mental sluggishness 131. Hair coarse, falls out 132. Headaches upon arising, wear off during day 133. Slow pulse, below 65 134. Frequency of urination 135. Impaired hearing 136. Reduced initiative	 184. Muscle spasms 185. Blurred vision 186. Loss of muscular control 187. Numbness 188. Night sweats 189. Rapid digestion 190. Sensitivity to noise 191. Redness of palms of hands and bottom of feet 192. Visible veins on chest and abdomen 193. Hemorrhoids 194. Apprehension (feeling that something bad will happen 195. Nervousness causing loss of appetite 196. Nervousness with indigestion 197. Gastritis 198. Forgetfulness 199. Thinning hair
GROUP 7C 137. Failing memory 138. Low blood pressure 139. Increased sex drive 140. Headaches, "splitting or rending" type 141. Decreased sugar tolerance	FEMALE ONLY 200. Very easily fatigued 201. Premenstrual tension 202. Painful menses 203. Depressed feelings before menstruation 204. Menstruation excessive and prolonged 205. Painful breasts
GROUP 7D 142. Abnormal thirst 143. Bloating of abdomen 144. Weight gain around hips or waist 145. Sex drive reduced or lacking 146. Tendency to ulcers, colitis 147. Increased sugar tolerance 148. Women: menstrual disorders	O 206. Menstruate too frequently Q 207. Vaginal discharge Q 208. Hysterectomy / ovaries removed (circle: yes / no) Q 209. Menopausal hot flashes Q 210. Menses scanty or missed Q 211. Acne, worse at menses Q 212. Depression of long standing
CROUP 7E 149. Young girls: lack of menstrual function CROUP 7E 150. Dizziness 151. Headaches 152. Hot flashes 153. Increased blood pressure 154. Hair growth on face or body (female) 155. Sugar in urine (not diabetes) 156. Masculine tendencies (female)	 213. Prostate trouble 214. Urination difficult or dribbling 215. Night urination frequent 216. Depression 217. Pain on inside of legs or heels 218. Feeling of incomplete bowel evacuation 219. Lack of energy 220. Migrating aches and pains 221. Tire too easily 222. Avoids activity 223. Leg nervousness at night
GROUP 7F 157. Weakness, dizziness 158. Chronic fatigue 159. Low blood pressure 160. Nails weak, ridged 161. Tendency to hives 162. Arthritic tendencies 163. Perspiration increased 164. Bowel disorders 165. Poor circulation 166. Swollen ankles 167. Crave salt 168. Brown spots or bronzing of skin 169. Allergies - tendency to asthma	IMPORTANT: List the five main complaints you have in the order of their importance: 1. 2. 3. 4. 5.